

Subacromial Decompression, With or Without Distal Clavicle Excision Protocol

Name _____ Today's Date _____

Diagnosis _____ Surgery Date _____

Frequency: 1 2 3 4 5 times/week

Duration: 1 2 3 4 5 6 weeks

Side: R / L

Evaluate only Provide home exercise program (HEP)

Evaluate and Treat

PHASE 1: Weeks 1-4:

- PROM → AAROM → AROM as tolerated
- With a distal clavicle resection, avoid cross-body adduction until 8 weeks post-op
- ROM goals (week 4): 140° forward elevation, 40° ER at side but advance to full ROM if patient tolerates
- No abduction-rotation until 4 weeks post-op
- No resisted motions until 4 weeks post-op
- D/C sling at 1-2 weeks post-op; sling only when sleeping if needed
- Heat before and Ice after PT sessions

PHASE 2: Weeks 4-8:

- D/C sling at week 4 if not done previously
- Increase AROM in all directions with passive stretching at end ranges to maintain shoulder flexibility
- Goals (week 8): 160° forward elevation, 60° ER at side
- Begin light isometrics with arm at side for rotator cuff and deltoid; can advance to bands as tolerated
- At week 6 advance strengthening as tolerated: bands → weights; 10 reps/1 set per rotator cuff, deltoid, and scapular stabilizers
- Physical modalities per PT discretion

PHASE 3: Weeks 8-12:

- Strengthening 3x/week only to avoid rotator cuff tendonitis
- If ROM lacking, increase to full with passive stretching at end ranges
- Begin eccentrically resisted motions, plyometrics, and closed chain exercises as tolerated

Comments:

Modalities: ___ Per therapist ___ Electrical Stimulation ___ Ultrasound ___ Heat before/after ___ Ice before/after

___ Aquatherapy ___ Massage ___ Trigger points ___ ART (Active release techniques) Other _____

Signature _____ Date _____